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365 Ways to Cook Chicken

Cheryl Sedeker, Cheryl Sedaker

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The Versatile Chicken

Chicken is "the new hamburger." Low in fat and cholesterol, more nutritious and cheaper than ground beef, chicken has become the choice of diet-conscious, budget-conscious and taste-conscious Americans.

Here is a year's worth of succulent recipes celebrating chicken's versatility- baked; fried; barbecued; stewed; marinated; roasted -- you name it -- it's here. Special sections include recipes for "Chicken Lite" (low-calorie) "Chicken Quick," "Chicken Little" (Cornish Game Hens) and many from America's best-known chefs and restaurants.

Whether your tastes run from Buffalo's famous chicken wings to gumbos with a Cajun-kick, or from subtle and simple to smothered and "othered" (marinades and sauces), you will find months of new mouth-watering recipes that will tickle your fancy and tempt your palate.

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